

CNRMA

COMMANDER NAVY REGION MID-ATLANTIC



Serving the
Mid-Atlantic Region
Navy Community

Safety Office

Naval Amphibious Base
Little Creek



SAFETY ADVISOR

April 2007



The Navy Region, Mid-Atlantic Public Safety, Little Creek Safety Office publishes the Safety Advisor and widest dissemination within your organization is encouraged. Please post on official bulletin boards and route to your staff.

Crosswalk Safety at NAB Little Creek



We see them all the time, but just how much attention do drivers pay when they see a crosswalk? How well are pedestrians paying attention to on-coming traffic? Driving around observing traffic, neither one seems to be paying enough attention. We have a large percentage of pedestrians walking and running at all times of the day. This is a "two-way street". Motorists need to be alert to pedestrians and crosswalks on base. Responsibility for crosswalk safety applies to the pedestrians as well as the drivers. Pedestrians, do not step out and assume that you are invincible just because you are with-in the white safety lines of a crosswalk. Go back to the basics that you were taught early in life, "Look both ways before crossing the street and don't step out in front of on-coming traffic". Those of you behind the wheel need to remember, look right, left and then back to the right before you proceed. Remember, pedestrians have the right of way in crosswalks.

Crosswalks are heavily used in the following areas on base:

- ✓ Amphibious Drive in the areas of Bldg 1165 and 1265 (NIOC/NETWARCOM)
- ✓ Bldg 3535 – Base Chapel – pedestrian traffic crosses D Street in front of the chapel and on 5th Street
- ✓ Bldg 3147 – Rockwell Hall (Gym) pedestrian traffic crosses 5th Street
- ✓ Intersections near McDonalds, Sulinski Field, and the NEX Furniture Store (ATM's/Subway...)
- ✓ Bldg 3602 – School of Music – pedestrian traffic crossing Gator Blvd to Bldg 3560 (Bowling Center)
- ✓ Intersection of E Street and 7th Avenue (between the School of Music and the Galley)
- ✓ Pedestrians crossing Amphibious Drive from employee parking areas to the Navy Exchange and Commissary areas
- ✓ Intersection of Cove Rd. and Helicopter Dr. Be alert for personnel out doing PT/Running!

Please be alert in these areas!

What causes the most accidents at pedestrian crosswalks?

Research suggests that a crosswalk gives a pedestrian a false sense of security. They often step off of the curb expecting the vehicle to stop and the driver fails to stop, resulting in an accident. At any crosswalk, marked or unmarked, the pedestrian is responsible to be cautious and alert before crossing the street.

Crosswalk Safety at NAB Little Creek (Cont'd)

Do I have to yield the right of way at a pedestrian crosswalk?

Yes! At any crosswalk, marked or not, drivers must yield the right of way to pedestrians in the crosswalk. Crosswalks are used mainly to encourage pedestrians to use a particular crossing area at the intersection.



Where are crosswalks normally marked?

At intersections where there is substantial conflict between vehicle and pedestrian traffic, such as school crossings, signalized intersections and non-signalized mid-block crosswalks

Excerpts are from VA Laws Pertaining to Pedestrians (from VA Code On-Line Section 46.2-821 – 46.2-926)

Joggers & Bicyclists Safety Requirements



In January 2006 the following message was reissued concerning Jogger and Bicycle Safety Requirements. Please review and remind personnel to make sure they can be seen when conducting PT during early morning and evening hours. The base has undergone several changes in traffic patterns with the opening of the gate 3, closing of gate 4 and the changes in the traffic patterns on Amphibious Drive around Helicopter Road and in the vicinity of Boone Clinic. It's great to be healthy and physically fit; but if you are not visible to motorists, you may find yourself working out in rehab or physical therapy.

The following guidance for joggers and bicyclists was promulgated by NAVPHIBASE LITTLE CREEK VA MSG 121922Z JAN 06 SUBJ: RUNNING, JOGGING, AND BICYCLE RIDING ONBOARD NAVPHIBASE LITTLE CREEK. (REF/C/RMG/COMNAVREGMIDLANT/131314ZJAN2005//)

Joggers, fitness walkers and bicyclists are required to wear high visibility belts or reflective vests on all Navy Region, Mid-Atlantic Installation during times of darkness or reduced visibility. For the purpose of this message darkness is defined as the period of time from sunset to sunrise.

Two inch hi-visibility reflective belts are available for purchase at Navy Exchanges and local retailers throughout the region. Additionally, reflective belts are available for checkout at all MWR Fitness Facilities. Fleet units and tenant commands who routinely engage in physical training (PT) during early morning hours or other times of reduced visibility are encouraged to purchase hi-visibility belts or reflective vests for community use.

Hi-visibility belts or reflective vests are not required for organized sports on established playing fields or on Sulinski Field track. While not required on excluded fields outlined above, belts or vest must be worn while on all other jogging surfaces. This includes designated jogging trails because of their proximity to roadways and transiting to and from designated trails. Belts or vests must be worn outside of any garments and remain visible at all times during hours of darkness or reduced visibility.

Reminder to commands running/jogging in formation on base:

- Keep formations to two abreast along roadways, staying out of the roadway
- Road guards for formation joggers shall wear reflective vests for better visibility
- When jogging on sidewalks, jog in single file so that pedestrian traffic is not obstructed
- Keep formations together; road guards should not hold traffic to allow every straggler to get across the road; keep delays reasonable
 - If you cannot keep formation, then run in single file
 - Large formation running/jogging; Commands desiring to conduct training with large formations need to coordinate their runs through the NAVPHIBASE Little Creek Staff Plans and Training Dept (N7) at 462-4410
 - Large formations are not to run along major roads such as Amphibious Drive or Gator Blvd.
- Motor vehicles nearing formation joggers shall approach at a speed of no more than 10 mph when within 50 yards of the formation
- Motor vehicles shall not pass formation runners/joggers unless directed to do so by road guards and shall then proceed at no more than 10 mph until 50 yards past the formation

Safety Note – Heelys Banned in the NABLC Commissary Store

The NABLC Commissary Store is issuing a ban on the popular children's shoes following a "near miss" collision between a child wearing Heelys "skating" through the store and a Commissary Patron recovering from hip surgery.



Heelys

Warnings: "There is no way to heel and/or grind without running the risk of SERIOUS BODILY HARM, including head injury, spinal injury, or even death", and other warnings. **HAZARD:** POTENTIAL FOR BLUNT IMPACT, HEAD AND SPINAL INJURIES!

These popular shoes, which have "removable" wheels in the heels, turn kid's sneakers into a type of in-line skate. The manufacturer cautions that Heelys "can be dangerous", yet these items are marketed to children who are unprepared for their associated risks. Since these "skates" are also marketed as footwear, they are often sold and used without any protective gear.

Source: W.A.T.C.H. (World Against Toys Causing Harm, Inc.)
<http://www.toysafety.org/toy1.html>

April Safety Topics

Alcohol Awareness Month – www.ncadd.org

2nd – 8th – National Public Health Week – <http://www.apha.org>

16th – 20th DoD Injury & Unemployment Compensation Conference - <http://www.cpms.osd.mil/icuc>

April 28th – May 6th – National SAFE Kids Week – http://www.usa.safekids.org/tier2_rl.frm?folder_id=3125

Future Safety Events

- **Quarterly Traffic Safety Council Meeting** – 17 May, 0930-1030, **Bldg 1602 Conference Room (NOTE LOCATION CHANGE)**-all Safety Representatives are encouraged to attend. This is your opportunity to address traffic safety problems observed on base.
- **Spring Interservice Motorcycle Ride** – 13 April 2007 – Fort Monroe will sponsor the Spring Interservice MC Ride. Open to all DoD Army, Air Force, Coast Guard, Marine and Navy military and civilian riders are invited and highly encouraged to participate. This even emphasizes our commitment to safety to reduce motorcycle deaths. All DoD registered riders will meet at the Fort Monroe Bowling Center, Bldg 201, at 0800 for inspection of bikes, Motorcycle Safety Foundation Cards and personal protective equipment. Registration is required NLT 12 April to participate in the ride. POCS: Fort Monroe Safety Office - Delinor Vantree, 788-2646 or Velora Bland, 788-2069. You can also click here to register: [Fort Monroe Interservice MC Ride Registration](#)
- **Ammunition and Hazardous Material (AMHAZ) Review Board**- 16-20 Apr 2007
- **Motorcycle Safety Rodeo** – 26 April 2007 – Sewell's Point Naval Station Norfolk MC Safety Range (Bldg C9 & Bldg KBB) For more information please contact Sewell's Point Safety 322-2917/18

Seatbelt Safety



Seatbelts are mandatory in Virginia! Unrestrained personnel in vehicles become "missiles" during accidents and run a greater risk of being ejected from the vehicle. Your seatbelt will prevent most serious injuries in an accident. Seatbelts can only do their job if you wear them properly. Both lap and shoulder restraints should be used, and seat backs should be in an upright position. Seat's that are reclined with the driver/passengers leaning up-right without support can allow the driver to become airborne in the vehicle or worse, slide below the belts in an accident. We will continue to monitor seatbelt usage and report the results. So get caught, wearing yours! Who knows the life you save, might be your own.

"The Deficiency Corner"

Could this be your worksite??? If you have this problem... let's do something about it!!



Problem: Blocked Electrical panel (with Apt Washer/Dryer)
Violation: 29 CFR 1910.303(g)(1)(i)
Solution: Maintain a 36 inch clearance in-front and around electrical panel boxes



Problem: Improper Electrical Connection / Outlet
Violation: 29 CFR 1910.303(b)(1)
Solution: Maintain electrical equipment free of recognized hazards

NABLC Mishap Data (as of 03/30/07)

Days since last mishap	23
Days since last lost time mishap	28

Commands reporting to NAB only



Traffic Death Update

At 0326 on March 24, a 2nd LT assigned to 3rd BN 1st Marines was killed when he ran into a tow truck on a state highway. On March 13, an AD2 assigned to the Navy Operations Support Center Atlanta suffered fatal injuries when he collided with another vehicle while riding his motorcycle to work.

[PMV Stats](#) | [PMV Narratives](#)

Navy and Marine Corps PMV Deaths FY07 to date : **50** (as of 03/29/07)

Safety...Off the Job

Safety is a learned behavior that can and should be applied equally at home and at work. We are usually reminded on a regular basis through posters and warning labels at work to be safe in our jobs. When we get home, we are relaxed and comfortable and have a tendency to overlook the hazards and warning labels on tools and equipment we use around the house. Here are some safety tips you can use when working or performing recreational and off-duty activities around the house.

Electrical Tools – We have a variety of electric/battery operated tools around the house. Several safety precautions should be followed when working with electric tools:

- ☑ Inspect the cord for cracked, frayed or exposed wires. Repair or replace damaged cords before using.
- ☑ Use three-pronged outlets and plugs; use GFCI (Ground Fault Circuit Interrupter) outlets. Don't use electrical tools in the rain or wet areas.
- ☑ Wear appropriate Personal Protective Equipment (PPE) for the tools in use.

Lawn Mower – Your mower is a very useful tool, but can be a very dangerous if not used properly:

- ☑ PPE - Always wear safety glasses or goggles, hard leather or steel-toed safety shoe and hearing protection
- ☑ Don't mow when the lawn is wet. Danger of slipping/falling; shock hazard from electric mowers.
- ☑ Walk through the yard before you start to check for foreign objects that could become projectiles when struck by the mower
- ☑ Keep children and pets away from the area being mowed so they are not in the path of the mower and cannot be hit by anything that flies up from the blades
- ☑ Before clearing the blades or making any adjustments disconnect the spark plug to prevent the mower from accidentally starting up

Weed-Eaters/Edgers – This is a great tool for reaching those tight areas a mower just can't get to. However, several dangers exist:

- ☑ Once again...PPE is the rule, glasses, long pants, leather shoes and hearing protection
- ☑ Make sure you have the proper cutting line diameter for the weed-eater. The wrong size can cause a malfunction
- ☑ Keep the safety line guard in place, it's there to protect you

A little common sense can go a long way when you are working around your yard and home. Winning the "Yard of the Month" shouldn't cause you any injuries!

Click It or Ticket

Click It or Ticket is a high visibility enforcement program designed to raise safety belt usage and save people from death and serious injury on the streets and highways.

The program will use educational radio messages recorded personally by chiefs and sheriffs, along with stepped-up enforcement, to send a strong message that safety belts save lives.

The **Click It or Ticket** campaign is currently used in 18 other states and the District of Columbia. In other Click It or Ticket campaigns, the occupant restraint usage rate increased by more than 10 percent, meaning that thousands of previously unbuckled drivers and passengers began using safety belts and child safety seats.

The campaign consists of strict enforcement, strong educational messages in the form of ads on most radio stations in the area, and numerous public appearances by officers on behalf of the program.



Virginia's statewide safety belt compliance rate is currently 78.6 percent. The goal of 2007 Click It or Ticket is to raise the rate to at least 82 percent.

This year's program will run from May 1st through June 3rd beginning with a pre-enforcement period and Media Campaign. This will be followed by **high visibility enforcement** period.

Commander Navy Region Mid-Atlantic
Motorcycle Rodeo
April 26, 2007
0800 to 1600
Motorcycle Show
Information & Safety Tables
Lemans Style Contest
Local Vendors
Food / Drink
Giveaways
Raffles
DJ

For More Information: Please contact Sewells Point Safety
322-2917 / 2928
www.cnrma.navy.mil
Location: NAVSTA Norfolk
Bldg C9 and Bldg KBB Motorcycle Range



Traffic Safety Training



Motorcycle Safety

Basic Rider Course (BRC): Two day course required for all Active Duty Military who ride a MC on or off base; and civil service personnel, retirees, dependents, and contractors who ride a MC on base.

Experienced Rider Course (ERC): One day course to brush up old skills. To enroll in the Experienced Rider Course, you must provide a copy of your BRC card to show you have completed the MSF Basic Rider Course- copy of card may be faxed to our office at (757) 462-2566.

Driver Awareness Safety Training (DAST)

This is a one day (4 hour) class in traffic safety to establish & reinforce safe driving habits. This course meets the "Military Personnel under 26 years of age" traffic safety training requirement. Class dates will be determined based on interest in the class and personnel requesting registration. Commands interested in scheduling personnel for this training should contact our office at 462-2199 or 462-2196.

Motorcycle Safety Training Schedule

(more classes available at other Regional bases- see our website)

<u>Dates</u>	<u>Course</u>	<u>Days</u>	<u>Times</u>
➤ 09-10 April 2007	BRC	Mon/Tue	0700-1600 (Class Full)
➤ 20-21 April 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600 (5 spaces left)
➤ 23-24 April 2007	BRC	Mon/Tue	0700-1600 (8 spaces left)
➤ 07-08 May 2007	BRC	Mon/Tue	0700-1600
➤ 07 May 2007	ERC	Mon	0730-1200
➤ 21-22 May 2007	BRC	Mon/Tue	0700-1600
➤ 04-05 June 2007	BRC	Mon/Tue	0700-1600
➤ 04 June 2007	ERC	Mon	0730-1200
➤ 15-16 June 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 18-19 June 2007	BRC	Mon/Tue	0700-1600
➤ 09-10 July 2007	BRC	Mon/Tue	0700-1600
➤ 09 July 2007	ERC	Mon	0730-1200
➤ 10-11-12 July 2007	BRC	Tues/Wed/Thu	1600-2000
➤ 20-21 July 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 23-24 July 2007	BRC	Mon/Tue	0700-1600
➤ 06-07 August 2007	BRC	Mon/Tue	0700-1600
➤ 06 August 2007	ERC	Mon	0730-1200
➤ 17-18 August 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 20-21 August 2007	BRC	Mon/Tue	0700-1600
➤ 21-22-23 August 2007	BRC	Tues/Wed/Thu	1600-2000
➤ 04-05 September 2007	BRC	Mon/Tue	0700-1600
➤ 04 September 2007	ERC	Mon	0730-1200
➤ 17-18 September 2007	BRC	Mon/Tue	0700-1200
➤ 01-02 October 2007	BRC	Mon/Tue	0700-1600
➤ 01 October 2007	ERC	Mon	0730-1200
➤ 12-13 October 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 15-16 October 2007	BRC	Mon/Tue	0700-1600
➤ 05-06 November 2007	BRC	Mon/Tue	0700-1600
➤ 03-04 December 2007	BRC	Mon/Tue	0700-1600

Quota's are available for most classes unless otherwise noted!

- ➔ On-line registration & procedures, visit our website at:
<http://www.nablc.navy.mil/safety/motorcycletrainingcourse.htm>. You may also register through ESAMS!!!
- ➔ **Participants must provide their own motorcycles for the course & have appropriate license endorsements**, registration, insurance and inspection.
- ➔ Classes begin at 0700 at Bldg 3535 Base Chapel. Participants will meet in the parking lot on the corner of 5th St. & D St (Lot is located between the Base Chapel and the NEX Furniture Store) See website for map!
- ➔ Personnel registering for the ERC must provide a copy of their BRC course completion card when they register.
- ➔ Questions can be directed to Kymm Beaver 462-2199

AAA Driver Improvement Program (DIP)

(more classes available at other Regional bases- see our website)

2007

25 April	30 May
27 June	25 July
29 August	26 September
31 October	28 November
12 December	



- Per OPNAVINST 5100.12G Navy Traffic Safety Program Instruction requires DIP classes for: All Navy military & DON civilian personnel operating government motor vehicles (GMV). Personnel are required to take the DIP Class if they are required to operate a GMV by job description, PD, a requirement of the specific job, etc. It does not include personnel who operate GMVs such as the CO/XO, person using a GMV to go on travel, etc.
- All Navy military & DON civilian personnel involved in a crash while driving a GMV (whether on or off government property) All Navy military personnel who have been convicted of serious moving traffic violations (e.g. reckless driving, driving while impaired, speeding, following too closely, failure to yield, etc.) while driving a private motor vehicle (PMV) or GMV (whether on or off government property).
- All DON civilian personnel in a duty status who have been convicted of serious moving traffic violations (e.g. reckless driving, driving while impaired, speeding, following too closely, failure to yield, etc.), while driving a PMV or GMV (whether on or off government property) (Note- Serious violations are similar to those considered "6-point violations" by the Virginia Department of Motor Vehicles).
- Offenders, military or civilian, shall successfully complete the American Automobile Association's Driver Improvement Program (AAA DIP) conducted by a COMNAVSAFECEN-approved instructor or other COMNAVSAFECEN approved training or lose installation driving privileges.
- If you have been order to attend a "Driver Improvement Program" Class by the court, please check with the court to ensure they will accept the courses taught on-board the base. Please note: AAA Driver Improvement Courses taught on-base will not qualify for DMV Point Reduction on your driving record.



Happy Easter!



Thanks to everyone who contributed to this month's Safety Advisor

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VOLUNTARY PROTECTION PROGRAM

The Voluntary Protection Program (VPP) is an OSHA cooperative program, which rewards employers with outstanding workplace safety and health programs that control hazards and protect workers. OSHA approves successful employers with one of three VPP program levels: *Star*, *Merit*, or *Star Demonstration*. The VPP *Star* designation indicates that the organization receiving the award has exceeded the four basic VPP elements: (1) Management Leadership & Employee Involvement, (2) Worksite Analysis, (3) Hazard Prevention & Control, and (4) Safety and Health Training.

The Naval Sea Systems Command initiated the promotion of OSHA VPP membership as a means to mishap reduction and has the Navy's first three VPP *Star* Sites – Portsmouth, Norfolk, and Puget Sound Naval Shipyards.

In 2006, the DoD Voluntary Protection Program (VPP) Center of Excellence (CX) was stood up. The CX is jointly funded by the military services to assist selected installations to achieve OSHA VPP *Star* Status and to provide expertise, tools, and communications on best practices and VPP. [For more information on the Voluntary Protection Program, refer to the Resources page at the back of this Planner.]

April Safety Dates

Alcohol Awareness Month
www.ncadd.org

National Public Health Week, 2-8
<http://www.apha.org>

DoD Injury & Unemployment Compensation Conference, 16-20
<http://www.cpms.osd.mil/icuc>

National SAFE Kids Week, 28 April - 6 May
http://www.usa.safekids.org/tier2_rl.cfm?folder_id=3125

Safety Myth – The employee gets the blame for mishaps.

Reality: This myth must be dispelled in order to get valid feedback from those we are endeavoring to protect. When we can get important, anonymous solutions without alienating the workforce, then we are getting somewhere. Have a system where everyone is able to have valid input without the risk of retribution. [The truth behind safety myths by the Quantico Safety Division http://www.dcmilitary.com/marines/quanticosentry/1_10/commentary/42380-1.html]



US Navy photo courtesy of Puget Sound Naval Shipyard & Intermediate Maintenance Facility Public Affairs Office

Puget Sound Naval Shipyard employees march in Voluntary Protection Program (VPP) parade celebrating the Shipyard's award of VPP Star status by the Occupational Safety and Health Administration (OSHA).